

Lake
Louise



RESORTS ⁱⁿ
the
CANADIAN ROCKIES

PALENSKE

WHERE TO STAY

CANADIAN PACIFIC HOTELS IN THE ROCKIES

Banff Springs Hotel
Banff, Alberta
Altitude 4,625 feet

In the heart of Rocky Mountains National Park, backed by three splendid mountain ranges. Alpine climbing, motoring and drives on good roads, golf, bathing, hot sulphur springs, tennis, fishing, boating and riding. *Open May 15th to October 1st. European plan.*

Chateau Lake Louise
Lake Louise, Alberta
Altitude 5,670 feet.

Facing an exquisite Alpine Lake in Rocky Mountains National Park. Alpine climbing with Swiss guides, pony trips, swimming, drives or motoring, boating, fishing. *Open June 1st to October 1st. European plan.*

Emerald Lake Chalet
Near Field, B.C.
Altitude 4,272 feet.

Situated at the foot of Mount Burgess, amidst the picturesque Alpine scenery of the Yoho National Park. Roads and trails to the Burgess Pass, Yoho Valley, etc. Boating and fishing. *Open June 15th to September 15th. American plan.*

Hotel Sicamous
Sicamous, B.C.
Altitude 1,146 feet.

Junction for the orchard districts of the Okanagan Valley, and stop-over point for those who wish to see the Canyons by daylight. Good boating and excellent trout fishing in Shuswap Lake. *Open all year. American plan.*

BUNGALOW CAMPS REACHED BY CANADIAN PACIFIC

Castle Mountain
Altitude 5,600 feet.
Radium Hot Springs
Altitude 3,456 feet.

By motor from either Banff or Lake Louise. Hiking, motoring, mountain climbing. *Open June 15th to September 15th.*

By motor, (91 miles) from Banff or Lake Louise. Hiking, motoring, fishing, climbing, swimming in hot radium pools. *Open June 15th to September 15th.*

Mount Assiniboine
Altitude 7,200 feet.

By trail from Banff. Overnight stop in half-way cabin. Camp is at the foot of Mount Assiniboine (11,860 ft). *Open July 25th to October 15th.*

Moraine Lake
Altitude 6,190 feet.

By motor from Lake Louise. Head of Valley of the Ten Peaks. Trout fishing, pony trails, climbs, etc. *Open June 1st to September 30th.*

Lake O'Hara
Altitude 6,664 feet.

By trail from Hector, B.C. Riding, walking, mountain climbing, trips to Lake McArthur and Lake Oesa, also to Abbot Pass. *Open June 15th to September 15th.*

Wapta
Altitude 5,190 feet.

Near Hector Station. Centre for explorations. Excursions to Lake O'Hara, Yoho Valley, Sherbrooke Lake, Kicking Horse Canyon, drives. *Open June 15th to September 15th.*

Yoho Valley
Altitude 5,000 feet.

By motor from Field or Lake Louise, in one of the loveliest valleys in the Rockies. Takakkaw Falls, Summit Lake, Yoho Glacier, hikes, climbs, pony trips. *Open June 15th to September 15th.*

Canadian Pacific Hotels on the Pacific Coast

Hotel Vancouver
Vancouver, B.C.
Open all year.

Largest hotel on the North Pacific Coast, overlooking the Strait of Georgia, and serving equally the business man and the tourist. Golf, motoring, fishing, hunting, bathing, steamer excursions. *European plan.*

Empress Hotel
Victoria, B.C.
Open all year.

A luxurious hotel in this Garden City of the Pacific Coast, which by its equable climate has become a favorite summer and winter resort. Motoring, yatching, sea and stream fishing, shooting and all-year golf. Crystal Garden for swimming and music. *European plan.*

Canadian Pacific Hotels on the Prairies

Hotel Palliser
Calgary, Alberta

A handsome hotel of metropolitan standard in this prosperous city of Southern Alberta. Suited equally to the business man or the tourist to or from the Canadian Rockies. *European plan.*

Hotel Saskatchewan
Regina, Sask.

In the capital of this rich and prosperous province. Golf and motoring. *European plan.*

The Royal Alexandra
Winnipeg, Man.

A popular hotel in the largest city of Western Canada, appealing to those who wish to break their transcontinental journey. The centre of Winnipeg's social life. *European plan.*

Canadian Pacific Hotels in Eastern Canada

Montreal, Que.
Quebec, Que.
McAdam, N.B.
St. Andrews, N.B.

Place Viger Hotel—A charming hotel in Canada's largest city.
Chateau Frontenac—A metropolitan hotel in the most historic city of North America.
McAdam Hotel—A commercial and sportsman's hotel.
The Algonquin—The social centre of Canada's most fashionable seashore summer resort. *Open June 22nd to September 10th.*

Toronto, Ont.

The Royal York—Opening June, 1929. The largest hotel in the British Empire.

Other Hotels and Bungalow Camps Reached by Canadian Pacific

Agassiz, B.C. Harrison Hot Springs Hotel
Penticton, B.C. Hotel Incola
Cameron Lake, B.C. Cameron Lake Chalet
Kenora, Ont. Devil's Gap Camp
Mount Assiniboine Camp

Nipigon, Ont. Nipigon River Camp
French River, Ont. French River Camp
Digby, N.S. The Pines
Kentville, N.S. Cornwallis Inn
Halifax, N.S. Lord Nelson Hotel
This cover printed in Canada, 1929.

RESORTS *in the* CANADIAN ROCKIES



PRINTED IN CANADA, 1929

Lake Louise
From a pastel by A. C. Leighton, A.R.B.A.

RESORTS in the CANADIAN ROCKIES

THE CANADIAN ROCKIES comprise some of Nature's most majestic and gigantic works. Reaching to a height of ten, eleven, twelve thousand or even more feet—with the railway that crosses them itself reaching over a mile above sea-level—they form the 600-mile wide backbone of America. From Cochrane, Alberta, where one begins to enter the Rockies, to Mission, British Columbia, where one enters the coastal plain, is a train ride, by the "Trans-Canada Limited," fastest Canadian Pacific train, of 22 hours.

To cross the Swiss Alps, from France to Italy, takes, by railway, some five hours. When, therefore, Edward Whymper, the most famous mountaineer of all time, and conqueror of the Matterhorn, described the Canadian Rockies as "fifty Switzerland in one," he certainly did not exaggerate.

The Top of the World

THE CANADIAN PACIFIC route through these mighty mountain ranges visualizes in itself the triumph of man over enormous natural obstacles. From Calgary, to which it has been steadily climbing since it left Lake Superior, it climbs still higher to the Great Divide—over a mile higher than the Pacific Ocean. Thence, following the narrow Kicking Horse Pass, it dips down for its first crossing of the majestic Columbia River; then re-ascends another quarter-mile to the summit of the Selkirk Range before beginning its long descent to the Pacific through the Thompson and Fraser Canyons.

In the High Rockies

THIS WONDERFUL mountain region offers a remarkable welcome to those who leave the railway, and tarry awhile. Snow-clad peaks, gleaming white glaciers, rugged precipices, waterfalls, foaming torrents, canyons, beautiful lakes set in the heart of pine-forests—these have been flung together by the Great Creator in unparalleled profusion.

All these you see around and within easy reach of the principal vacation resorts of the Canadian Rockies—resorts which have now become known to the ends of the world. Banff, Lake Louise, Emerald Lake, and the Yoho Valley—these are some of the centres of summer life, where you can golf, climb mountains, take wonderful motor trips, ride into the fastnesses on sure-footed mountain ponies, fish, swim, boat, hike or explore: where you meet Indians, and cow-punchers, and scarlet-coated Royal Canadian Mounted Policemen, or mountain sheep wandering unmolested by the road. And at these and other places there are magnificent hotels or charming bungalow camps, where days and nights pass in surroundings of beauty, comfort and gaiety.

These resorts of the Canadian Rockies are now so closely linked by motor roads as well as by railway that when you go to visit one you can easily visit them all.

A Sea of Mountains

IN THE VARIOUS mountain ranges that make up the Canadian Rockies—the Rockies proper, the Selkirks, and the Monashee, Coast, Cascade, and Purcell Ranges—there are, according to Government measurements, including only those peaks which bear names, and not the innumerable mountains that have not yet been named or measured, or that are very inaccessible from railways:—

630 peaks above 6,000 feet above sea-level;
308 between 7,000 feet and 10,000 feet;
161 between 10,000 feet and 12,000 feet;
4 over 12,000 feet.



Pilot Mountain, on the Banff-Lake Louise Road.

In some mountainous regions the chief peaks spring from such high plateaus that although they are actually a very considerable height above sea-level, their height is not very impressive to the eye. This is not so in the Canadian Rockies. Some fifty principal mountains, for example, at the most popular mountain resorts—Banff, Lake Louise, Moraine Lake, Lake O'Hara, Field, Emerald Lake and the Yoho Valley—and ranging in height from 8,000 to 11,500 feet, average a height above the floor of the valleys at their base of about 4,800 feet, or almost a mile. The Canadian Rockies, being rich in glaciers and névé fields, are generally snow-covered the year-round.

National Parks

SIX OF CANADA'S magnificent system of National Parks situated in the Canadian Rockies are traversed by or lie adjacent to the Canadian Pacific Railway; while others can be conveniently reached from it.

ROCKY MOUNTAINS PARK (2,751 square miles, the boundaries of which are at present being subject to revision), with Banff and Lake Louise as principal centres. See page 4.

YOHU PARK (476 square miles), containing Emerald Lake, the Yoho Valley, Lake O'Hara, and Wapta Lake. See page 20.

KOOTENAY PARK (587 square miles), with Banff-Windermere Road running through it. See page 18.

GLACIER PARK (468 square miles). In the Selkirk Range. See page 18.

MOUNT REVELSTOKE PARK (100 square miles). See page 18.

WATERTON LAKES PARK (220 square miles). In Southern Alberta.

MOUNT ASSINIBOINE PARK (20 square miles) is a British Columbia Provincial Park. See page 9.

Canadian Pacific Hotels

TOURIST ACCOMMODATION is of two kinds—at hotels or at Bungalow Camps. A full description of these will be found on the front inside cover, or on the text pages stated below.

The four Canadian Pacific hotels in the mountains are now, without exaggeration, world famous. They are of different size, but each is characterized by the same beautiful location, the same luxury, comfort and charm of interior appointment, and excellence of personal service. Each occupies the best scenic view-point, and is the centre of all outdoor excursions and facilities necessary thereto.

BANFF SPRINGS HOTEL	(page 4)
CHATEAU LAKE LOUISE	(page 10)
EMERALD LAKE CHALET	(page 24)
HOTEL SICAMOUS	(page 18)

Bungalow Camps

BUNGALOW CAMPS not only supplement the capacity of the hotels, but also provide accommodations of a somewhat different kind. They are, on the whole, less formal than the hotels. The Bungalow Camps are not tents, but of log or other wooden construction, with a large central building that serves as a dining room and social centre, and separate sleeping bungalows. Besides the Bungalow Camps, there are many Tea-Houses and Rest-Houses at outlying points.

IN YOHU PARK—Yoho Valley, Wapta and Lake O'Hara Bungalow Camps, and four Tea-Houses and Rest-Houses linked up thereto (see pages 20 and 24).

NEAR LAKE LOUISE—Moraine Lake Bungalow Camp and four Tea-Houses and Rest-Houses (see page 10).

BANFF-WINDERMERE ROAD—Castle Mountain and Radium Hot Springs Bungalow Camps (see page 18).

Ask our Agencies for a separate booklet, "Bungalow Camps in the Canadian Rockies."

The Calgary Stampede

ALBERTA, ALWAYS a country of considerable stock-raising interests, is still one of the principal ranching sections of the West; and in the "Stampede" held at Calgary, the glories of the Old West are revived annually in a week's carnival of frontier sports and contests. The Calgary Stampede has now become a famous frontier-day celebration, and contestants come from all parts of the continent. Cowboys, Indians, Mounted Policemen, old-timers are all to be seen in this western epic. It will be held in 1929 from July 8th to 13th, and visitors to the Canadian Rockies should stop off at Calgary and participate.

Ranch Life in the Foothills

AT THREE PLACES in the foothills of the Canadian Rockies, the visitor can enjoy both ranch life and excursions into the neighbouring mountains. They are:—

KANANASKIS RANCH—in Rocky Mountains Park, near the Indian Reservation at Morley, between Calgary and Banff. Address C. B. Brewster, Kananaskis, Alta.

THE T S RANCH—in the foothills west of High River, joining the E P Ranch belonging to the Prince of Wales and the famous Bar U Ranch of P. Burns. Conducted by Guy Weadick, Manager of the Calgary Stampede. Address Longview P.O., Alta.

BUFFALO HEAD RANCH—long established, near the E P Ranch, and with many miles of frontage on the beautiful Highwood River. Riding, fishing, hunting. Address George W. Pocaterra, High River R. R. 2, Alta. Full information can be secured from the above.



These pictures show
 Banff Village — Banff
 Springs Hotel, with
 Sulphur Mountain be-
 hind it — The Outer
 Swimming Pool, Banff
 Springs Hotel — and
 Mount Rundle from
 Echo River.



BANFF IS THE administrative headquarters of Rocky Mountains Park (area 2,751 square miles). No part of the Rockies exhibits a greater variety of sublime and romantic scenery, and nowhere else are good points of view and features of special interest so accessible. The town lies embowered in pine forests and lawns, in a pocket of a wide circle of pearly-grey limestone peaks. Warmed by clear sunshine and kissed by clear air, exhilarated by the glacial-green Bow River, Banff bids all welcome.

A Panorama of Peaks

FROM EITHER THE station, the bridge or Banff Springs Hotel, a magnificent panorama is to be witnessed. From the station first: to the north is the grey bulk of Cascade Mountain, towering above the town like a grim old idol. To the east are Mount Inglismaldie and the heights of the Fairholme sub-range. Still farther to the east, the sharp cone of Mount Peechee closes the view in that direction. To the left of Cascade rises the wooded ridge of Stoney Squaw. To the west and up the valley are the distant snowy peaks of the main range above Simpson's Pass. To the left is Sulphur Mountain, to the south-east the isolated, wooded bluff of Tunnel Mountain and the long serrated spine of Mount Rundle.

From the Bow Bridge the view is even more magnificent, for the river runs through the centre of the picture, and one who has caught his first glimpse of this picture close to sunset will never forget its breath-taking beauty. A little beyond the bridge the river frolics over a series of rapids in a narrow gorge, and then, leaping in clouds of spray, falls almost opposite the Banff Springs Hotel. From the high elevation of the hotel a somewhat different view is obtained, looking across the junction of the Bow with the smaller and darker Spray River, to the distant snow-clad barrier of the Fairholme Range.

Banff Springs Hotel

BANFF HAS BEEN for many years one of the most popular mountain resorts on the continent—due not only to its environment, but also to the beautifully situated and splendidly appointed Banff Springs Hotel—a Canadian Pacific hotel. It is all fireproof, the new structure having been completed only last year. The entire first floor is given over to public rooms, artistically decorated and furnished, in which the architect has provided a Scotch baronial atmosphere. Among the features are the period suites—the Vice-Regal, Georgian, Jacobean, Tudor, Swiss and Italian; the period influence also dominates the lounges, including the magnificent Mount Stephen Hall. (Hotel open May 15th to October 1st.)

At the hotel there is entertainment all the time. One could be perfectly happy just looking out towards the enclosing mountains, watching the swimmers in the warm sulphur water pool, swimming oneself, playing tennis, or studying the cosmopolitan types which one meets at this great caravanserai. There is an excellent Turkish bath at the hotel, very popular with those who come in after a game of golf or an hour in the saddle. The spacious luxurious lounges invite one to succumb to a contented laziness. There is nearly always an orchestra playing somewhere, and in the evening, when Banff, the mountains and the winding Bow are bathed in moonlight, the strains of dance music float out from the ballroom.

The Hot Springs

HAD BANFF not become famous for its beauty, it must have become famous for its hot springs, which are amongst the most important of this continent. The five chief springs have a total flow of about a million gallons a day, and issue from the



The Bow River Falls, Banff.

ground the year round at a temperature ranging from 78 to 112 degrees Fahrenheit. Winter makes no difference to the temperature of the water. The chief constituents are calcium sulphate or gypsum, calcium bicarbonate and magnesium sulphate, and their therapeutic value is very high. The springs, which are also radio-active, have been developed by the erection at two of them of bath houses and swimming pools.

Swimming

EXCELLENT SWIMMING in warm sulphur water is afforded at Banff Springs Hotel, which has its own large and beautiful open-air pool. Here, where the temperatures of the summer air and the water are delightfully blended, and spring diving-boards offer opportunity for sport to expert swimmers, the sloping depth of the bath gives confidence to beginners at the shallow end; while the cold fresh water pool adjacent to the warm bath provides an invigorating plunge.

There is also excellent swimming at the Cave and Basin, where a fine \$150,000 swimming pool and series of private baths have been built by the Government. At the Upper Hot Sulphur Springs, on the slopes of Sulphur Mountain 800 feet higher than the hotel, at an altitude of 5,132 feet, is another swimming pool, which may be reached by trail from the hotel, or by road from Bow River Bridge.

Golf and Tennis

AN EIGHTEEN-HOLE golf course, superbly located on the banks of the Bow River, and guarded by huge bastions of rock, turreted and pinnacled like the fortified castle of old, is open to all visitors to Banff on payment of green fees. The course has been entirely reconstructed by the Canadian Pacific, under the supervision of Stanley Thompson, and now offers one of the finest, most perfectly balanced and most scenically beautiful

courses in the world. Starting from within 300 feet of the Banff Springs Hotel, it has a length of 6,640 yards and a par of 71. One feature, to suit all types of golfers, is the use of three tees for each hole, providing three courses—long, medium and short. The fairways are doubly wide, with two routes to each hole.

For tennis players there are several admirable courts, and because the exquisite summer climate of Banff is very conducive to both golf and tennis, a large number of people may always be seen enjoying the games.

Walking and Riding

THERE ARE MANY delightful walks and rides in the immediate vicinity. The roads are good and the trails especially lovely. The Bow Falls are only a few minutes' walk from the Banff Springs Hotel; the trail which goes up the hill near them affords a lovely view of the falls and the rapids farther up stream. The fish hatchery nearby is well worth seeing.

The Tunnel Mountain motor road, on the east side of the river, gives beautiful views of the town, Bow Valley and the surrounding peaks. A trail branches off this road almost opposite the hotel, practically above the falls; following the river, at times leading into tiny meadows, it eventually comes out at the far side of Tunnel Mountain. The motor trip up this mountain should also be taken.

The Cave and Basin and Sundance Canyon are two objectives for a walk or ride. This Canyon is a cleft in the rocks through which a turbulent stream tumbles. In the rock crannies and adjoining woods are many beautiful flowers—the dryas, saxifrage, stonecrop and columbine among them. There are also short delightful trails through the woods between Spray Avenue and the motor road leading to the Upper Hot Springs.

There are pony trails and short cuts up Tunnel Mountain which one can take if walking. It makes an easy climb; its elevation is only 5,540 feet. Stoney Squaw, north of Tunnel Mountain and 620 feet higher, is really a walk. It is fascinatingly green in a world of grey peaks and snowfields; and those who are attracted up its slopes are well repaid.

Sulphur Mountain is another delightful walk. The novice will no doubt insert the word "climb," and argue the word walk is incorrect. Sulphur is 8,040 feet, with the Observatory at the summit. To shorten the climb, a motor can be taken to the foot of the trail, thus lessening the distance. One of the pleasantest ways of ascent is on the back of a pony. On the long wooded slope of this mountain is the clubhouse of the Alpine Club of Canada.

Boating and Launch Trips

A FEW MINUTES from the bridge is the Bow River Boathouse. From here motor launches set out several times a day on a 12-mile trip in which the surrounding mountains are seen from a unique and advantageous point of view. Here, also, canoes and row boats are obtainable. Echo River and Willow Creek, overhung with arching trees, are especially attractive to those who wish to row or paddle on tranquil mountain streams; by following Willow Creek the lovely Vermilion Lakes are reached.

Recreation Grounds

THIS SECTION of the park, by the Bow River, is not far from the bridge and can be reached by a delightful road by the river, or from the Cave and Basin motor road. There is a building for recreation purposes, also spaces for baseball, tennis, football and cricket. The club house of the Banff Gun Club is not far distant, and here trap shooting competitions are held.



Banff
The Valley of the Bow River
From a painting by Carl Rungeius, N.A.



Banff each year has two colorful spectacles—Indian Week, in July (at the right) and the Highland Gathering, end of August (below). The other pictures show) Mount Assiniboine (top left) and the Trail Riders' Cabin at Mystic Lake.



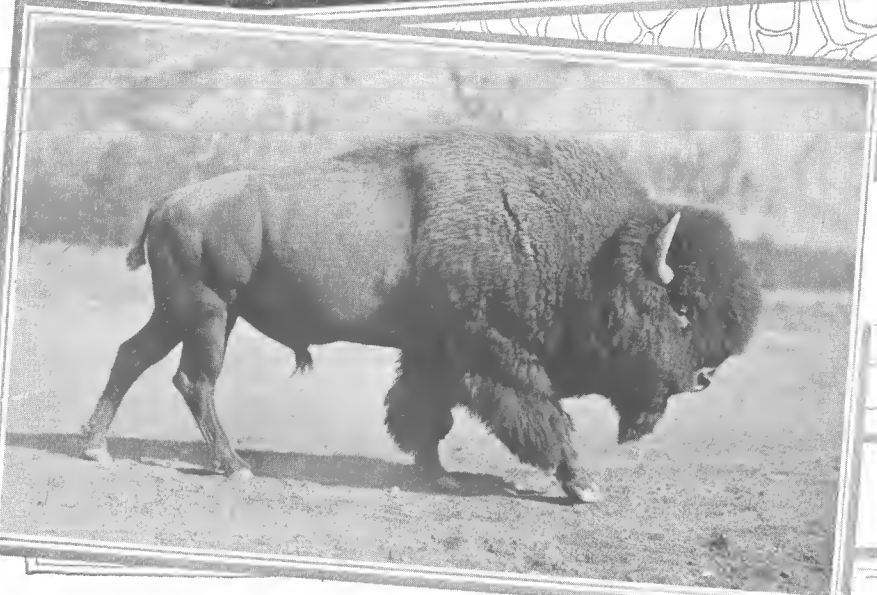


Banff
Springs
Hotel and
the Bow
River
Valley



Johnston
Canyon, on
the Banff-
Lake Louise
Road

Mountain
Sheep come
down to the
motor roads



In the
Buffalo
Paddock,
Banff





Mount Assiniboine

A very attractive two-day ride from Banff
From a painting by Carl Rungius, N.A.

THE TOURIST will find plenty of interest in the little town of Banff itself, with its churches, cinemas and shops, interspersed with groups of cowboys in woolly chaps and gay-colored kerchiefs, sloe-eyed Indians in buckskin coats and moccasins, packers, trappers, guides and other truly mountain men. Near the fine bridge over the Bow River are the Administration Offices of the Park, the Museum, Zoo and Royal Canadian Mounted Police Headquarters.

The animal corral is $1\frac{1}{2}$ miles from the town, an immense fenced-in area where a herd of buffaloes, mountain sheep, goat, moose, antelope and other kindred of the wild roam at will through the vast forested pasturage. You can drive into this corral quite close up to the buffaloes and enjoy studying them in these surroundings.

Lake Minnewanka

A SHORT MOTOR RUN is to Lake Minnewanka, 8 miles north of Banff, and about 14 miles long. From the hotel the route lies through the town, east of Stoney Squaw and Cascade Mountains, past the buffalo park and through Bankhead to the lake at the head of Cascade Creek. A weird, elusive beauty made the Indians rightly name it "Spirit Water." A motor launch runs to the end of the lake, and about half-way passes the beautiful little Aylmer Canyon, over which towers Mount Aylmer (10,365 feet high), while facing it on the opposite shore rises the head of Mount Inglismaldie (9,715 feet). Row boats are obtainable, and large trout may be fished for. Lake Minnewanka Chalet, on the lake shore, is a popular place for afternoon teas and meals.

Mount Assiniboine

MOUNT ASSINIBOINE—aptly termed the "Matterhorn of the Canadian Rockies"—rises in impressive grandeur to a height of 11,860 feet in the centre of one of the most magnificent mountain regions in the world. At the foot of this peak, and near the shore of Lake Magog, is situated a comfortable and well-equipped log cabin camp operated by Marquis N. degli Albizzi, a well-known sportsman and outdoor enthusiast.

This camp is reached from Banff by a two days' horseback ride over the spectacular new trail by way of Brewster Creek, or by a longer trip via the Spray Lakes. Return journey can be made by travelling the beautiful summit country in the vicinity of Mount Assiniboine, through the heather and flowers of Simpson Pass and then down Healey Creek. A halfway cabin has been established as an overnight stop for the convenience of those making the trip via Brewster Creek.

Mystic Lake

NORTH FROM BANFF, there is a very fine trail ride to Mystic Lake, along the side of Mount Norquay and down to Forty-Mile Creek. It cannot be made in one day, but near Mystic Lake there is a specially-constructed log house with sleeping quarters and cook-stove, where the night can be spent. An extension can be made to Sawback Lake. Organized rides to Stoney, Sawback and Mystic Lakes will leave Banff by special arrangement (see page 18).

To Lake Louise

FROM BANFF to Lake Louise is a fine 42-mile motor trip. The route is along the Bow River, crossing a spot that is the favorite haunt of a large herd of mountain sheep, who in this National Park have sanctuary, environed all the time by magnificent forests and mountains.

At about 16 miles from Banff a stop is made at Johnston Canyon—16 miles of inspiring mountain scenery, with the gaunt grey turrets of Castle Mountain towering ahead. One



Indian Braves at Indian Week Banff.

can leave the car here and walk up the canyon—a distance of about three-quarters of a mile. The Johnston Creek dashes between high rock walls and falls in a series of miniature cascades which are spanned by tiny rustic bridges. Gradually the canyon reveals its loveliness. Its climax is a clear blue pool, only partly disturbed by the whirlpool caused by falls from a gorge above.

From Johnston Canyon the road continues to Lake Louise. Castle Mountain, with its imposing battlements, is on the north, and Mount Temple—one of the most stately piles in the Rockies—on the south. A short detour at Castle enables one to reach Castle Mountain Bungalow Camp, from which a beautiful view of the Bow Valley is to be obtained.

The Highland Gathering

AT BANFF THIS YEAR, from August 30th to 3rd September, will be repeated the "Highland Gathering," which has proved so remarkably successful since its inception, two years ago.

This is a great Scotch festival of music and sports, to which singers from all parts of America come, and bagpipers from Highland regiments to play in competitions, and in which the sturdy old Scotch sports, and the fine Scotch costume dancing, are to be seen at their best.

A special little booklet will be issued about the Highland Gathering, and will be procurable from Canadian Pacific agencies.

Indian Week

INDIAN WEEK AT BANFF is one of the most colorful spectacles on the North American continent. Between three and four hundred Stoney Indians come from the Morley reserve, 40 miles east of Banff, for their tribal sports. In the summer of 1929, they will be joined by other tribes in a pageant on a scale

greater than ever before (fourth week in July). Each morning they have a parade in which the majority of the Indians take part; the tribe is all mounted, while many splendid horses are used, resplendent in gorgeous trappings and headpieces. The costumes of both men and women are creations of white buckskin, beadwork and ermine, their color schemes being exceedingly wonderful, and they ride with dignity and poise.

Mountain Climbing

THE CANADIAN ROCKIES present to the mountain climber one of the most extensive and interesting fields of any easily accessible ranges of the world. Noted climbers make their way thither from all parts of the world. But let not the novice be daunted; there are easy climbs aplenty for him to graduate from—on some, indeed, he (or she, in fact) can ride or walk good trails almost to the summit, while on others a short scramble will bring him to his goal.

It is difficult to imagine anything more fascinating than to start out in the early morning, stepping in half an hour from the perfect civilization of a luxurious hotel into the primitive glory of cliff and crag, winding waterway and frozen grandeur, to spend the day among the mountains. With a blue sky overhead, the air soft with the sweet resinous spice of the forest, and all cares left far behind, one sees only beautiful sights, hears only wonderland sounds, and for a whole long day lives close to the very heart of Nature in her most splendid mood.

The Alpine Club of Canada

THE ALPINE CLUB of Canada, with considerably over 600 members, and headquarters established in a singularly handsome Club House at Banff, holds a Camp each year in the Canadian Rockies, and welcomes all who have the ambition to climb or are interested in any way in the mountains. The Annual Camp in 1929 will be held during the last two weeks of July at Rogers Pass, near Glacier, on the main line of the Canadian Pacific Railway.

Winter Sports

BANFF IS RAPIDLY becoming an important centre for winter sports, the Annual Winter Sports Carnival in early February attracting large crowds. Ski-ing, tobogganing, skating, and bob-sledding are amongst the popular attractions.

Motor Trips Around Banff

General Drive.—To the Buffalo Park, Tunnel Mountain, Bow Falls, Spray Valley, Zoo, Cave and Basin, Golf Links, etc., twice daily.

Lake Minnewanka.—(See above.) Once daily.

Banff-Calgary.—Once daily.

Lake Louise.—(See above.) Three times daily.

24-Hour Motor Detour.—To Golden (see page 18). Once daily.

The Lariat Trail.—3 days (page 18). Monday and Thursday.

Outdoor Trips at Banff

Trail Trips.—Rocky Mountain Park has 700 miles of good trails, a large part of which radiate from Banff. With guides and ponies, the visitor may find his way to Mystic Lake, in the heart of the Sawback Range, to Ghost River, the Spray Lakes, the Kananaskis Lakes and dozens of other magic places.

Mount Assiniboine and Mystic Lake Trips.—See above.

Fishing.—See page 16.

Climbing.—Easy—Tunnel and Sulphur. Harder—Rundle, Norquay, Cascade, Stoney-Squaw, Aylmer, Edith and Louis.

W H A T I F T O D O at L A K E L O U I S E

LAKE LOUISE—PROBABLY the most perfect gem of scenery in the known world—bears the liquid music, the soft color notes of its name, almost into the realm of the visible. Geographically a “cirque lake”—a deep, steep walled recess caused by glacial erosion, nestling 600 feet above the railway on the far side of a mountain palisade, amidst an amphitheatre of peaks—it is a dramatic palette upon which the Great Artist has splashed his most gorgeous hues, a wonderful spectrum of color. Deepest and most exquisitely colored is the lake itself, sweeping from rosy dawn to sunset through green, blue, amethyst and violet, undershot by gold; dazzling white is the sun-glorified Victoria Glacier, at the farther end; sombre are the enclosing pine-clad peaks that dip perpendicularly into the lake; and magnificent are the stark immensities of the snow-covered peaks that enclose the picture except for the fleecy blue sky overhead.

The Chateau

ON THE MARGIN of this most perfect lake, in a wonderful Alpine flower garden, where poppies, violets, columbines, anemones and sheep laurel slope through terraced lawns to the water's edge—the Canadian Pacific has placed its great Chateau Lake Louise. The first hotel built by the Company on this spot was an unpretentious log cabin. Some years later a bigger building was erected, and this has been repeatedly enlarged to meet the demands of an ever-increasing stream of tourists, until to-day a fire-proof modern and luxurious hotel with accommodation for seven hundred guests now stands there.

Across the front of the hotel extends a vast lounge that commands an uninterrupted view of the Lake through beautiful, single-pane windows of enormous size. The dining-room, in the right wing, has the same wonderful windows and view. From the ballroom in the left wing the lake may be seen through the arches of the cloistered terrace. Thus the visitor may rest, dine and dance without losing sight of the beauty that attracted him hither.

The Chateau has many attractions. Two fine hard tennis courts are attached to the hotel, and a boat-house supplies bright brown, secure rowing boats to the many who cannot resist the magnetism of the clear, blue water. Below the dining-room and overlooking the lake is an attractively terraced concrete swimming-pool filled with heated glacial water and with an instructor in attendance. (Hotel open June 1st to October 1st.)

A Circle of Peaks

THE PEAKS THAT surround Lake Louise form such a magnificent background that many visitors ask nothing better than to sit on the hotel verandah watching the marvellous kaleidoscope of beauty and color that they present. From left to right they are:—Saddleback, Fairview, Lefroy, Victoria, Collier, Popes Peak, Whyte, the Devil's Thumb, the Needles, Big Beehive, Niblock, St. Piran, and Little Beehive. At the far end of the Lake, catching for the greater part of the day the full glory of the sun, their snowfields standing out in dazzling whiteness, are the glaciers that drop down from Mount Victoria and the lofty ice-crowned head of Mount Lefroy.

Along the westerly shores of Lake Louise a delightful mile-and-a-half walk along a level trail affords splendid views of further peaks—Mount Haddo, Aberdeen and the Mitre.

Moraine Lake

ANOTHER PEARL of the Rockies is Moraine Lake, 9 miles from Lake Louise at the end of one of the finest short motor rides in the mountains. This lovely mountain lake, exquisitely blue-green in color, lies in the Valley of the Ten Peaks—a



The wonderful reflections of Lake Louise.

tremendous and majestic semi-circle that with jagged profile encircles the eastern and southern end of the lake. Not one of these peaks is less than 10,000 feet in height—the highest, Mount Deltaform, is 11,225 feet. Standing off a little, as a sort of outpost, is the Tower of Babel, an interesting rock formation of unusual shape. An extension trip should be made to Consolation Lake, the waters of which contain a plentiful supply of rainbow, Dolly Varden, and cut-throat trout.

At the foot of the lake, where the creek flows out into the Valley, is Moraine Lake Bungalow Camp. The main building, in its attractive forest setting, contains a bright living and dining room. The small, separate log sleeping cabins are near at hand providing sleeping accommodation. The camp is an admirable centre for trail-riders and walkers who wish to explore the valley's surroundings, and for mountaineers who aspire to the peaks. An attractive excursion is to the Consolation Lakes, within easy reach of the Camp and a good place for trout-fishing.

Lakes in the Clouds

TO THE RIGHT of the Chateau is one of the easiest and loveliest trails to follow. It rises rapidly through a steep pine forest abounding in shrubs and alpine flowers, while varied and sweeping views are to be seen through the occasional gaps in the forest. Passing above the snow-line the trail reaches the first of the Lakes in the Clouds, resting an icy blue in the green forest bowl. This is Mirror Lake; into it a noisy cataract drops down a boulder-strewn cliff from Lake Agnes, the second of the Lakes in the Clouds. The trail winds over a rocky path above the pines to Lake Agnes, 1,200 feet above Lake Louise. This lake seldom thaws until mid-July and is as quiet, though

not so brilliantly colored, as Mirror Lake, some 200 feet below. It is guarded by its own little cirque of white-headed peaks, around which the sunlight and the billowing clouds chase each other with fascinating swiftness.

A delightful log Tea-House stands on the cliff top where the cataract falls down to Mirror Lake. Its wide hearth throws out a welcome warmth, and its windows command two wonderful views. On the one side is Lake Agnes and the cirque almost overhead; on the other side a vast panorama of the Bow Valley fades into the distance.

The well-shod climber can continue to the top of the Little Beehive, or to the Observatory on top of the Big Beehive, or still further afield to the top of Mount St. Piran, 3,000 feet above Lake Louise.

Plain of the Six Glaciers

BESIDES THE mighty tongue of the Victoria Glacier, many smaller glaciers descend into the cirque, and on the right side of the cirque is the Plain of the Six Glaciers, where a spacious Tea-House with broad verandahs has been placed at the head as an excellent resting place.

The Plain can be reached by two trails. One continues from the Lake Agnes Tea-House, following the right shore of the lake into the little cirque as far round as the Big Beehive, then descending between the Big Beehive and the Devil's Thumb down a steep zig-zagging trail into the Plain. Before reaching the Plain the trail branches in three directions, all of which eventually lead to the second trail into the Plain.

The second trail leads directly from the Chateau to the Plain, some 4 miles away, along the broad path to the right of the Lake and up the Victoria creek to the foot of the glacier. At this point the trails finally unite and make a winding ascent to the Tea-House, from which the views of the cirque, and Victoria Glacier hanging between the cliffs of Mounts Lefroy and Victoria, are unparalleled.

The Tea-House provides all meals, and limited sleeping accommodation. There is a continuation of the trail down to the route over Abbot Pass.

Abbot Pass

FROM VICTORIA GLACIER there is a fine climb over Abbot Pass between Mount Victoria and Mount Lefroy, descending to Lake O'Hara. (See page 20.) It is well to start in the morning, taking the trail around the west shores of the Lake, ascending the Victoria Valley and following the edge of Victoria Creek until you reach the foot of the glacier. You can make a short diversion to the Plain of Six Glaciers Tea-House en route. The glacier is three miles long and a half mile wide, and there is much of interest, such as glacier tables, moulins and seracs.

An Alpine hut (with sleeping accommodation for twenty, but not serving meals) is situated near the summit of the Pass, at an altitude of over 9,500 feet, for the convenience of climbers, and most people prefer to stop the night here and see a glorious sunrise in the morning. This expedition may be undertaken by the novice, who, however, *must be accompanied by a Swiss guide.*

Lake O'Hara

IN THE MORNING you descend the other side of the Pass to Lake O'Hara, one of the loveliest of all Rocky Mountain waters. Here there is a Bungalow Camp where you may stay before returning to Louise, and perhaps, if you have a few hours to spare, take the trail that leads to Lake McArthur, whose blue waters lie at an altitude of 7,359 feet. There is a glacier here, and huge blocks of ice may be seen floating on the surface of the lake, even in the summer time.



Mount Temple near Lake Louise
Seen from the Saddleback Trail
From a painting by Carl Rungius, N.A.



Around this page are seen a Royal Canadian Mounted Police man—some of the famous Lake Louise poppies—the Chateau Lake Louise—The Tea House at Lake Agnes—and Mountain Climbing at Lake Louise.





Nine miles from Lake Louise is lovely Moraine Lake, in the Valley of the Ten Peaks. The Lake itself (*top*), Moraine Lake Bungalow Camp—and (*bottom, right*) Consolation Lake are here seen, and also (*top right*) Paradise Valley from Saddleback Trail.





The New Golf Course at Banff

At once a perfect Golf Course and one of the most beautifully situated in the wo
From a painting by Adam Sherriff Scott



New Golf Course at Banff
one of the most beautifully situated in the world
a painting by Adam Sherriff Scott

W H A T I T O D O at L A K E L O U I S E

TO THE LEFT of the Chateau, another beautiful ride or walk follows the broad trail up the further side of Fairview Mountain to the Saddleback. The view from the pass between Fairview and the Saddleback is a magnificent panorama of Paradise Valley far below, with its little Lake Annette gleaming like an emerald and its steep, brown-sided guardian mountains crowned by the snowy summit of Mount Temple in the distance rising 11,626 feet.

On the Saddleback is a convenient Rest-House, 1,800 feet above Lake Louise. From this point climbers can reach the summit of Fairview, 9,001 feet high, or can go in the opposite direction to the top of the Saddleback, 7,783 feet high. The rider can continue between the Saddleback and Mount Sheol down a winding trail through the lovely Sheol Valley to find himself at length in beautiful Paradise Valley, which from the Pass had looked so mysteriously lovely and distantly low that it had seemed a vision rather than reality.

Paradise Valley

PARADISE VALLEY is about 6 miles long and lies between Lake Louise and Moraine Lake. It is a garden of the mountains, carpeted with green and dotted with brightly hued Alpine flowers of many varieties, including anemone and asters. It is a very attractive trail ride either directly from the Chateau or by way of the Saddleback. At the head of the Valley, Paradise Creek cascades down an enormous rock stairway called the Giant's Steps, from which the trail leads across the creek and returns by way of Lake Annette. This tiny mountain lake is the emerald heart of the valley and over it rises the mighty white head of Mount Temple. The trail then recrosses the creek to join the main trail back to the Chateau.

The route to Moraine Lake can also be followed by trail-riders, while climbers can test their skill by returning along the steep and difficult trail leading from the head of the Lake, over Sentinel Pass, and down into Paradise Valley.

To Emerald Lake

FROM LAKE LOUISE there are a number of very attractive motor excursions. Besides the ones to Moraine Lake and Banff, already mentioned, there is a fine road to Field and Emerald Lake. This leads west on a high line to the Great Divide, and crossing the track near Wapta Bungalow Camp at Hector follows the brawling Kicking Horse River. It is a spectacular ride and links up with established roads in Yoho National Park.

During the season, regular daily sight-seeing motor services leave Lake Louise and return in the evening. On this drive one crosses the Great Divide, stopping at Wapta Camp, Yoho Valley Camp, and Emerald Lake. From Emerald Lake the new "Kicking Horse Trail" continues to Golden.

Wild Life

ALL THESE EXPEDITIONS hold a wonderful charm, especially for those interested in the wild animal life and the exquisite Alpine flowers of the mountains. Over 500 species of flowers grow in the Rocky Mountains, and many of these are to be found in the valleys and on the lower slopes and Alpine meadows of the Lake Louise region.

Of the wild creatures, the hoary marmot, who is well-known by his shrill whistle, the marten, the chipmunk, the bighorn or mountain sheep and blacktail or mule deer, are seen in large numbers. Black bears are also not uncommon, and some are becoming very tame.

It is a common saying that there are no birds in the mountains, but anyone with eyes and ears can soon disprove this belief. The Franklin grouse is one species which nearly every visitor is bound to see. This bird seems to have no sense at all



The Swimming Pool at the Chateau Lake Louise.

and is generally referred to as the "fool-hen." A type of Canadian jay, the whiskey-jack, is plentiful enough, and sometimes these saucy birds will stand and inspect one from every angle. Other birds likely to be seen are the mountain bluebird, eagle, ptarmigan, the cheerful chickadee, water ousel and humming bird.

Bungalow Camp Circle Trail Ride

AN ATTRACTIVE 6-day Circle Trail Ride round the Bungalow Camps is organized from Lake Louise at regular intervals during the months of July and August. The points visited are Wapta Camp, Lake O'Hara Camp, Lake McArthur, Ottertail trail, Emerald Lake, Yoho Pass, Yoho Valley Camp, Burgess Pass and Field. For rates, see page 18.

Fishing in the Rockies

FIVE VARIETIES of game fish have their habitat in the waters of the Rocky Mountains National Park—the cut-throat, lake, Dolly Varden, bull and brook trout. Good fishing can be obtained in the Bow River upstream and downstream, Lake Minnewanka, Mystic Lake, Sawback Lakes, Spray River, the Spray Lakes, and the Lower Kananaskis Lake.

Around Lake Louise, reasonably good fishing is afforded in the Pipestone River, Consolation Lake, the Upper Bow Lakes and other places. The open season for fishing in the national parks is from July 1st to September 30th, inclusive. There is a Fishing Inspector at the office of the Superintendent of Rocky Mountains Park, at Banff, from whom full and reliable information can be obtained.

Between Lake Louise and the Pacific Coast there are numerous points well worth the attention of the angler. Sicamous is a good centre, at the head of the celebrated Shuswap Lakes, and comfortable headquarters can be established at the Canadian Pacific hotel adjoining the station. Shuswap Lake has the reputation of containing more varieties of trout and other fish

(including steelhead trout and land-locked salmon) than any water in British Columbia. Kamloops, at the junction of the north and south branches of the Thompson River, is an excellent centre for the fly fisherman and within easy reach are several fine waters. The lower stretches of both the Thompson and Fraser Rivers offer good fishing at many points.

Hunting

WHILE HUNTING is forbidden within the National Parks in the Canadian Rockies, there is magnificent sport to be obtained outside the Park limits, and the Canadian Pacific Railway hotels and bungalow camps are good starting points for some of the best hunting grounds. The bear, the mountain goat, the Rocky Mountain sheep (the "Bighorn"), the moose and the caribou are the chief animals hunted. The principal hunting districts are the Lilloet, Cariboo and East Kootenay regions, while the British Columbia coast and the country inland from it afford almost virgin territory. The Cassiar country, in northern B.C., is one of the finest and most celebrated sporting regions of this continent.

Full information as to fishing and hunting possibilities in the different localities of the mountains and the British Columbia coast, with lists of outfitters, guides, etc., is contained in a series of bulletins which will be gladly furnished upon request by the General Tourist Agent, Canadian Pacific Railway, Montreal, Quebec.

Motor Trips Around Lake Louise

Moraine Lake (see above). Three times daily.

Banff (see page 9). Three times daily.

Emerald Lake (see above). Twice daily.

24-Hour Motor Detour, Banff to Golden (see page 18), stays overnight at Lake Louise in either direction.

The Lariat Trail, 3 days (see page 18), passes Lake Louise eastbound the last day.

Outdoor Trips at Lake Louise

Trail Trips.—Lakes in the Clouds, Saddleback, Paradise Valley, and Plain of Six Glaciers—regular daily trips, once or twice a day.

6-Day Circle Trail Trip.—See above.

The Skoki Valley. 24 miles from Lake Louise—camping ground at Skoki Lake, in an Alpine meadow amid high glacial surroundings of spectacular grandeur and beauty. Good fishing. Take camping outfit. Trip made by arrangement only.

Trips to Ptarmigan Valley, Hector Lake, Bow Lake, the Molar Pass, the Pipestone Valley and Baker Creek—by arrangement only.

Fishing.—See above.

Climbing.—Lake Louise is one of the recognized mountain climbing centres of the Rockies, and has many good climbs both for the novice and the experienced alpinist. Some short and easy climbs will be found in the Beehive, Mount St. Piran, Saddle Mountain and Mount Fairview. For the expert alpinist there are plenty of climbs around Lake Louise that will provide him with sufficient opportunity to use his skill. Some of these are the ascent of Mounts Whyte, Popes, Collier, the north peak of Victoria, Lefroy, The Mitre and Aberdeen.

Swiss Guides are attached to the Chateau Lake Louise for those who wish to visit the glaciers or climb mountains. As they are greatly in demand, it is advisable to make arrangements well in advance. Rates \$7.00 per day. Climbers must be equipped with Swiss Alpine climbing boots.



Interesting excursions from Lake Louise are these—to the Plain of the Six Glaciers Tea House (*two top pictures*)—to Saddleback Rest House (*right, centre*) and over Abbot Pass, stopping at the Alpine Hut, to Lake O'Hara (*below*)

MOTORING and TRAIL RIDING in the CANADIAN ROCKIES

THE COMPREHENSIVE programme of road-construction carried on by the National Parks Department of the Canadian Government during the past few years has rendered easily accessible some of the most magnificent scenery in the Canadian Rockies. These roads are of hard, stable construction. Excellent automobile services (both touring cars and organized sight-seeing busses) greatly enhance the pleasure of the visitor.

24-Hour Motor Detour

ONE OF THE FINEST of these organized automobile excursions is the famous "24-Hour Motor Detour." This is from Banff to Golden, and gives a rapid survey of the "highlights" of the nearer mountain region. Leaving Banff after lunch, a 42-mile run is made to Lake Louise, and the night spent at the Chateau Lake Louise. Next morning the journey continues to the Great Divide, Wapta Lake, the Kicking Horse Pass, Yoho Valley, Emerald Lake, the Kicking Horse Canyon, and Golden. Similar schedules are established in the reverse direction.

This Detour is so timed as to waste no time, but to pick through passengers up soon after their arrival at either Banff (going westward) or Golden (going eastward), and to set them down at the other end of the trip in time to take their train. Special arrangements are made for handling baggage and sleeping-car reservations. The length of the detour, including a sight-seeing ride round Banff, is 142 miles.

We have issued a special detailed circular about this very attractive excursion, which can be procured from all Canadian Pacific agencies.

Banff-Windermere Road

THE FAMOUS Banff-Windermere Road, pioneer and still perhaps the leader of the mountain roads, takes you into a magnificent section. In length 1.4 miles, it runs from Banff over the Vermilion Pass (altitude 5,264 feet) into Kootenay National Park and then follows the Vermilion and Kootenay Rivers until within a few miles of Sinclair Pass. Passing through Sinclair Canyon, the road emerges after several miles into the Columbia River Valley and soon reaches the beautiful Lake Windermere.

To afford accommodation for those making this trip, the Canadian Pacific has erected two bungalow camps en route. These halts for either meals or sleeping accommodation are conveniently spaced as to distance: they are Castle Mountain Bungalow Camp (26 miles from either Banff or Lake Louise), and Radium Hot Springs Camp (91 miles). Each has a central club house for dining and recreational purposes, and sleeping accommodation in separate log bungalows.

Lake Windermere is a centre for excursions up Toby Creek and Horse Thief Creek to the great ice fields of the Selkirks. Bathing, riding, boating, fishing and motoring can be enjoyed on the shores of the lake.

The Columbia River Highway runs from Golden to Lake Windermere, thus forming, in connection with the Banff-Windermere Road and the Banff-Golden Road, a complete circuit of three National Parks—Rocky Mountains, Yoho and Kootenay. A very fine excursion, called "the Lariat Trail," occupying three days, is organized to leave Banff twice a week in the summer months to embrace all these. Leaving Banff, it proceeds to Castle Mountain, turns south along the Banff-Windermere Road as far as Radium Hot Springs (where the first night is spent), thence turns north to Golden and east along the Kicking Horse Canyon to Emerald Lake (second night). The third day it runs to Yoho Valley, Wapta Lake, the Great Divide, Lake Louise and Banff.



Castle Mountain Bungalow Camp - Banff-Windermere Road.

Other Motor Tours

LOCAL TRIPS around Banff, Lake Louise, Yoho Valley and Emerald Lake will be found described under those heads on other pages.

The Columbia River Highway continues south of Lake Windermere to Cranbrook, whence one can proceed to Spokane, Seattle, Los Angeles or Vancouver; or, turning eastward, through the Crow's Nest Pass to Macleod, Lethbridge, Calgary or points south. Waterton Lakes Park can be reached from this route.

Trail Riding

REFERENCE IS MADE at various points in this publication to saddle pony trips. A trail trip into the depths of the mountains forms, indeed, the most enjoyable way of visiting beautiful spots that would not otherwise be easily accessible.

The mountain pony, mountain-bred, fool-proof, untiring, can be ridden by practically anyone, whether he or she has ever before been on a horse or not. From all hotels and bungalow camps in the Canadian Rockies, there are good roads and trails radiating in all directions, which are kept up by the National Parks Department. Some trail trips are of one day's duration only; others stretch over several days, necessitating carrying camping outfit. It is customary on all long trips, and even on some short ones, to engage guides who supply horses, tents, food, etc., and do the necessary cooking. The new Circle Trail Ride starting from Lake Louise will, however, simplify the problem of packhorses, as every night but one will be spent in a bungalow camp.

Trail Riders

THOSE WHO HAVE ridden fifty miles or upwards in the Canadian Rockies are qualified for membership in the Trail Riders of the Canadian Rockies, which affords an unusual opportunity for those interested in trail-riding to get together. The aims of the Trail Riders' Association are, principally, to

encourage travel on horseback through the Canadian Rockies, to foster the maintenance and improvement of old trails and the building of new trails, and to encourage the love of out-door life.

Membership is of several grades, according to the distance ridden—50, 100, 500, 1,000 and 2,500 miles. There are now 1,100 members.

Official Ride

EACH YEAR an annual "Pow-Wow" and Official Ride is held, lasting several days and bringing together a large number of men and women interested in the fine recreation of trail-riding. The 1929 Official Ride will be from Banff up Healy Creek over the Simpson Pass, with a side trip to Egypt Lakes and then via Shadow Lake and Twin Lakes over a new trail to Castle Mountain Bungalow Camp, where the Pow-Wow will be held—the date of ride and Pow-Wow being August 1st-4th.

A few days later, there will be a twenty day ride to the Columbia Ice Fields, over Bow Pass from Lake Louise, limited to twenty riders exclusive of guides. Those participating in this long ride must have qualified by holding the silver button (100 miles) or higher grades of button.

Rates for the Simpson Pass-Egypt Lakes ride, including horse, food and share of tent, will be \$50.00. Riders must bring their own sleeping bags and blankets. Rates for the longer ride on application to the Secretary-Treasurer. Reservations must be made at least 14 days in advance to the Secretary-Treasurer, Mr. J. M. Gibbon, Room 324, Windsor Station, Montreal, Que.

Circle Rides

IN ADDITION to this official ride, circle trail rides will be operated during July and August around the Bungalow Camps from Lake Louise on a trip lasting six days. Another circle trail ride will be operated from Banff to Stoney Creek, Sawback Lake and Mystic Lake. On this trip there is some magnificent scenery and also, usually, good fishing.

These circle trips will leave on any day during these two months, accompanied by guide, provided there is a minimum of three persons. They are operated under the auspices of the Trail Riders of the Canadian Rockies. Reservations can be made at the Livery Agencies office in all hotels and bungalow camps. Rates for both these rides are \$10.00 per day, inclusive of pony, food and sleeping accommodation in either tents or bungalow camps,—except for the Emerald Lake day, which will be \$12.00.

On to the Pacific

FROM GOLDEN, the Canadian Pacific ascends the second of the great backbone ranges, the Selkirks, and enters Glacier National Park. The Selkirk Range, smaller in size than the Rockies, is geologically much older; with its massive peaks and giant glaciers, it has somewhat of an air of isolation and mystery. At the present time, there is no hotel or camp accommodation.

Mount Revelstoke Park, close to Glacier, and altogether a mountain-top one, provides a wonderful automobile trip. A road has been constructed by the Government to the very summit.

Sicamous, or Shuswap Lake, is a favorite stop-over point for those who wish to view the mountain panorama entirely by daylight. A charming hotel is operated here by the Canadian Pacific. At Kamloops, the impressive canyon scenery of the Thompson River begins, followed later by the Fraser River canyon.

A full description of this part of the Rockies, from Golden to Vancouver, is contained in our booklet "Your Journey through the Canadian Rockies" (obtainable from agencies or on trans-continental trains).



Lakes in the Clouds
Reached by an easy hike or pony ride from Lake Louise
From a painting by Donald Maxwell

WAPTA LAKE • YOHU VALLEY • LAKE O'HARA

YOHU NATIONAL PARK (area 476 square miles) immediately adjoins Rocky Mountains Park along the crest of the Great Divide. In this realm of winsome beauty there are deep cool primeval forests, giant mountains, ancient white expanses of glacier, foaming waterfalls, rushing rivers and lakes of jade and sapphire. The Canadian Pacific Railway has opened up this magnificent country to the tourist. Scattered here and there, at convenient points throughout the Park, are Bungalow Camps, Rest-Houses and Tea-Houses. All these are linked up by excellent motor roads or trails.

Wapta Bungalow Camp

WAPTA LAKE, a beautiful sheet of water that is the principal source of the Kicking Horse River, lies high up near the Great Divide. The Canadian Pacific circles one side, with a station at Hector, while the motor road from Field to Lake Louise is on the camp side. Since the opening of this highway it is possible to drive over from Yoho to Wapta, passing the charming Kicking Horse Tea-House.

Like most of the Rocky Mountain lakes, the color of Wapta is an indescribable green, varying in shade with every whim of the atmosphere—jade, emerald, apple, grass—and looking frequently as though gallons of rich yellow cream had been poured into it. On its shores is Wapta Bungalow Camp, with its community house and detached log cabins, which can accommodate altogether 58 guests. From the camp you can see stern Mount Stephen (named after the first President of the Canadian Pacific), Victoria with her gleaming opalescent scarf of snow and ice, Narao and Cathedral Crags.

Two and a half miles of beautifully wooded trail will take you to Sherbrooke Lake, which lies in a depression between Mount Ogden and Paget Peak. In another direction is Ross Lake, hidden between Niblock and Narao.

Lake O'Hara

LAKE O'HARA lies eight miles south of Wapta, and can be reached by a splendid trail. Gaining the top of a barren plateau on the other side of Lake Wapta you can look back on the Bungalow Camp, which lies like a toy village strewn on the slope of Paget Peak. The trail winds on, now ascending, now descending, first through a jade temple of a forest, thence into an Alpine flower garden, where the botanist could count seventy-five varieties of wild flowers in half as many minutes. Delicate as a muted harmony, many of them; others flame with regal insolence, and the whole meadow is so thickly carpeted that picking your way through it without damaging some of the blossoms is utterly impossible.

The siren-song of a cascade calls; you push on, passing through a grove of spruces, and the richly colored waters of Lake O'Hara invite your admiration. One's eyes are drawn up and up to the glorious peaks that stand guard about this lovely lake, the joy and despair of artists—Wiwaxy's jagged top sharply defined against the skyline, the towering mass of Huber, the white splendour of Victoria and Lefroy, and the encircling majesty of Yukness, Hungabee, Biddle, Schaffer and Odaray, with the vast towers of Cathedral in the distance.

Lake O'Hara Bungalow Camp

LAKE O'HARA BUNGALOW CAMP is situated on a slight elevation overlooking the lake, at its very edge, and the log cabins cluster on the shore, encircled with pine and spruce. Rooms can also be obtained in the Chalet. The Camp consists of a central building and a group of log cabins, which together accommodate 38, the former on the Swiss Chalet style, decorated in a rustic fashion. O'Hara does not advertise modern



Wapta Bungalow Camp.

luxuries, but its grate fires, comfortable chairs, hot and cold water baths, simple but well-cooked meals, and beds that are a benediction to tired bodies take away the rough edges of camping life.

There is another route to Lake O'Hara—going from Field to the end of the motor road of the junction of the Ottertail trail and thence via this trail along McArthur Creek and Pass.

Lake McArthur

EVERYBODY who visits O'Hara takes the trip to Lake McArthur. The trail is good, and leads through meadowlands and up the rugged stony shoulder of Mount Schaffer, from whence there is a superb view of rugged Ottertail Valley. McArthur is one of the largest lakes at such a high altitude (7,359 feet) in the mountains. It is cupped in the Biddle amphitheatre, absolutely barren of trees, and overhung on one side by Schaffer and on the other side by Park Mountain. McArthur is every conceivable shade of blue—aquamarine, sapphire, cerulean; a glorious gem, its surface covered with dancing points of silver—a vast shield of damascened steel.

Lake Oesa

LAKE OESA is more inaccessible than McArthur. One follows the trail around the lake from the Chalet to the foot of the Seven Sisters Waterfall and clambers up a steep bit to a plateau, and more steep bits to higher plateaus. In the bosom of the highest one of all is Lake Oesa, which is smaller than either O'Hara and McArthur, and neither so green as the one, nor so blue as the other. The very spirit of silence broods over

Oesa. In its serenity it seems to be as remote from the living world as if it were in the moon.

Abbot Pass

FROM OESA you can cross Abbot Pass and descend to Lake Louise. (See page 10.) This is not a trip for the unseasoned, the inexperienced, or the foolhardy, for it is on foot over the glaciers; but provided you have a sturdy constitution, a Swiss guide, proper climbing clothes, and about eight hours of fair weather, you can make this magnificent excursion easily enough.

The Yoho Valley

THE YOHU VALLEY can be reached in several ways. Running roughly at right angles to the Kicking Horse Pass, a motor-road runs in from the main Lake Louise-Emerald Lake road as far as the Bungalow Camp; so that it can be reached by motor from either Lake Louise, Wapta, Field or Emerald Lake. There are two ways in by trail, of which we will speak later.

The ride by motor is one of the finest drives in the Rockies (round trip distance from Field, 22 miles; from Lake Louise, 42 miles). The road, crossing the Kicking Horse River, follows the milky glacier-fed stream to where it joins the Yoho River, near the entrance of the valley at Mount Field, round which it swings, and up the valley until some precipitous cliffs are reached.

The pine forest gives a welcome shade and fragrance, and, as the way winds up the cliff to a higher level, the Yoho torrent foaming below shrinks with distance. Up these it zigzags to a higher level, ending a short distance past the Takakkaw Falls. Takakkaw, the stream that comes down from the Daly Glacier, is 1,200 feet high. It is not a river of water but a river of foam, which drops with an oddly leisurely appearance.

Yoho Valley Bungalow Camp

YOHU VALLEY BUNGALOW CAMP, which has accommodation for 64 people, is situated in a meadow within sight and sound of Takakkaw Falls. It is an ideal place for hikers and riders; and, like the other Bungalow Camps of the region, consists of a central club house with separate wooden sleeping bungalows.

There are many fine trail rides from the Camp (the motor road ending here), particularly into the upper valley and over Summit Pass. You will find them described on page 24.

Motor Services

MANY SERVICES between Lake Louise, Yoho Valley and Emerald Lake, including the 24-Hour Motor Detour and the Lariat Trail, all passing Wapta Lake.

Outdoor Trips in Yoho National Park

Trail Trips.—Wapta, Yoho and Lake O'Hara Camps are on the 6-day Circle Trail Trip. (See page 18.)

Wapta to Lake O'Hara (see above), Yoho Camp to Emerald Lake, Upper Yoho Valley and Burgess Pass (see page 24).

Climbing.—See under Emerald Lake (page 24) and Abbot Pass (page 10).

Fishing.—Occasionally some, in Wapta and Sherbrooke Lakes.

Map of the Rockies

WE DRAW YOUR attention to the large map of the Canadian Rockies which is insetted into this booklet. This map illustrates in a very graphic manner the territory in Rocky Mountains and Yoho National Parks. It can also be obtained separately; address Canadian Pacific agencies, or General Publicity Department, Montreal.



Lake McArthur
Near Lake O'Hara Bungalow Camp
From a painting by Richard M. Kimbel



Three Bungalow
Camps in Yoho Na-
tional Park — (left)
Lake O'Hara — (right)
Yoho Valley — and
(directly below this)
Wapta. Twin Falls
Rest House (lower left)
and Takakkaw Falls
near Yoho Bungalow
Camp, are also seen.





Emerald
Lake
Chalet



Summit
of
Burgess
Pass

Summit
Lake Rest
House

Kicking
Horse
Canyon
Tea House



Laughing
Falls, in
the Yoho
Valley



EMERALD LAKE and the Yoho Valley

ALL THE POINTS in Yoho National Park at which accommodation is provided for visitors are linked up, either by motor road or good trail; and therefore Emerald Lake is not only of itself one of the most popular centres, but also the axis for excursions to other places mentioned on the preceding pages.

Field, a little railway town and divisional point that nestles at the foot of Mount Stephen—a giant that towers 6,500 feet above to a height of 10,485 feet above sea-level—is the point at which you descend from the train; or if you have come from Banff or Lake Louise, the motor-road brings you past Field. From the town it is seven miles out to Emerald Lake Chalet, by a fine road through the hush of a scented pine-forest.

Natural Bridge

SOON YOU reach Natural Bridge—an ineffectual effort on the part of nature to curb the foaming passage of the Kicking Horse by choking the river bed with huge boulders. A platform has been built across the cataract for the convenience of visitors, and on the other side there is a charming little Tea-House.

The road becomes Snowpeak Avenue—because at either end of its straight cathedral-stiff avenue can be seen a towering, snowcapped mountain.

Emerald Lake

THE SUPERB GREEN of Emerald Lake is beyond Nature's achievement in any other lake in the Rockies. Tall pines crowd to the water's edge to see their perfect reflection, and to see inverted in the emerald mirror the snowy giants that surround it. Burgess looms at one end of the lake, while more distant are Wapta, Michael, President, Carnarvon and Emerald.

Emerald Lake has a fair supply of trout, and its vicinity affords many charming excursions on foot or by trail. There is a good trail all around the Lake, which is the shortest four and a half miles you've ever walked, and perhaps the loveliest, and another to Hamilton Falls. A boat-house provides skiffs for water excursions.

The Chalet

EMERALD LAKE CHALET, on the southern shore, is built of great squared timbers, fortress-like in their solidity, surrounded by rustic design chalets under whispering trees. The settlement now consists of three units—the Chalet, the Club House, and the bungalows.

The Chalet, originally built several years ago, and recently enlarged, is along Swiss Chalet lines, with deep overhanging balconies. It contains the office, the dining room, and many bedrooms. The Club House is what its name implies; it is an especial favorite at nights, either the verandah, with its magnificent sunset and moonlight views, or indoors, where a good floor for dancing, comfortable chairs for lounging, card-tables, a library and a great log fire provide entertainment for all.

The bungalows were built recently as an annexe to take care of the overflow sleeping accommodation. They are of various sizes, most daintily and comfortably furnished, with hot and cold running water, bathrooms, stoves, clothes bureaux, etc. All of them have their individual verandahs, and the larger ones are 'en suite' with connecting doors. (Chalet open June 15 to September 15.)

Summit Pass

ONE OF THE FINEST trail trips from Emerald Lake, on the back of a sturdy, sure-footed mountain pony, is to the Summit—the pass, that is to say, leading into the Yoho Valley. The return journey can be made in four hours afoot or by pony, but many people prefer to make it an all-day affair. Following the road to the end of the Lake, you begin to climb up an eighteen



Snowpeak Avenue – The Way Out to Emerald Lake

hundred foot treeless cliff, while more and more of the world spreads out beneath you, and Emerald Lake far below grows smaller and greener.

A last stiff pull and you are over the top, cantering gaily through a cool moist forest, and then Summit Lake (or more properly, Yoho Lake), green like Emerald, but not so large, flashes in the clearing.

Here is situated a cosy little log-cabin Rest-House.

Yoho Valley

FROM SUMMIT PASS there is a good trail leading down to the Yoho Valley, coming out near the Bungalow Camp. The view from the top is a magnificent one of wide vistas, with Takakkaw Falls on the far side of the Valley.

Pausing near the Bungalow Camp, you can turn into the Upper Yoho Valley. A beautiful trail winds up the valley to Twin Falls and Yoho Glacier, passing Point Lace Falls, Angel's Stairs and Laughing Falls. Yoho Glacier lies at the Valley's end, a breath-taking wonderful sight. The curved top is of a whiteness beyond anything but that of what it is—névé snow. The lower seracs are each individualized in the clear air, with subtle blue shadows. It does not give a sense of horror as do some ice-fields; the beauty of it triumphs over that.

For the majority the ride up the valley to the culminating glacier is enough for one day, and fortunately there is no need to return, for opposite Twin Falls, (two fast columns that drop almost perpendicularly), is Twin Falls Rest-House, with sleeping accommodation overnight for five (but serving no meals).

The High Trail

YOU CAN RETURN by the "High Trail," mounting through Alpine meadows, carpeted with purple and white bryanthus, till you come out of the scent of wild flowers and balsam high over Yoho Valley. The sense of quiet disappears, and there comes to you as you ride along the edge of a sort of natural bastion the roar of waters and a sigh of wind. Across the valley, the great Waputik snowfield and Takakkaw Falls glimmer in the western sun and you can pick out in that clear air the faint black of the Canadian Pacific track going into the Spiral Tunnels beyond the Kicking Horse River. Soon you reach the Summit Lake again and the trail home.

Burgess Pass

OR FROM SUMMIT LAKE you can turn in another direction, round on to Burgess Pass, altitude 7,150 feet. It is a wonderful journey. The great crags of Wapta flaunt up to the left, and to the right, at every step, there appear higher up new visions of the President Range. The guide can point out to you the way to the now well-known Burgess Pass Fossil Quarry, which was discovered by Dr. Walcott in 1910, and has yielded to science the finest and largest series of Middle Cambrian fossils yet unearthed and the finest invertebrate fossils discovered in any formation. Descent can be made from the Pass to Field.

Motor Trips from Emerald Lake

Field.—Transfer at train time and on all other trips.

Lake Louise.—(See page 16.) Twice daily.

Kicking Horse Tea-House and Wapta Camp—on all trips to Lake Louise.

Yoho Valley.—On various trips.

Yoho Circle Tour.—Field, Yoho Valley, Emerald Lake and Field. Once daily.

Golden.—Once daily (see 24-Hour Motor Detour, page 18).

The Lariat Trail.—(See page 18) spends the second night at Emerald Lake.

Ottertail Road, via Field, following south side of Kicking Horse River—by arrangement.

Outdoor Trips at Emerald Lake

Trail Trips.—Over Summit Pass to Yoho Valley Camp, or by branch into either the upper Yoho Valley or over Burgess Pass to Field (see above). Emerald Lake is on the 6-day Circle Trail Trip (see page 18).

Climbing.—Mounts President, Vice-President, Burgess and Wapta: at Field, Mount Stephen. These are all fairly hard climbs. There is another fine climb from Field over Dennis Pass between Mounts Stephen and Dennis, thence over Duchesnay Pass and down to the Lake O'Hara trail.

Fishing.—Occasionally, in Emerald Lake.

Hints to Outdoors Folk

IT SHOULD go without saying that no climbing, hiking or riding trip in the mountains should be undertaken without suitable clothing and equipment. Neither form of recreation can be enjoyed in comfort without making proper provision. Above everything else, good stout boots are the most important item. Women will find their ordinary clothes absolutely useless, and even dangerous; and for that matter men, too, need to be suitably dressed. Intending outdoors folk should obtain copy of a little leaflet, "What to Wear in the Rockies," written by Val. A. Flynn, and obtainable through Canadian Pacific agents or from Canadian Pacific Hotels.



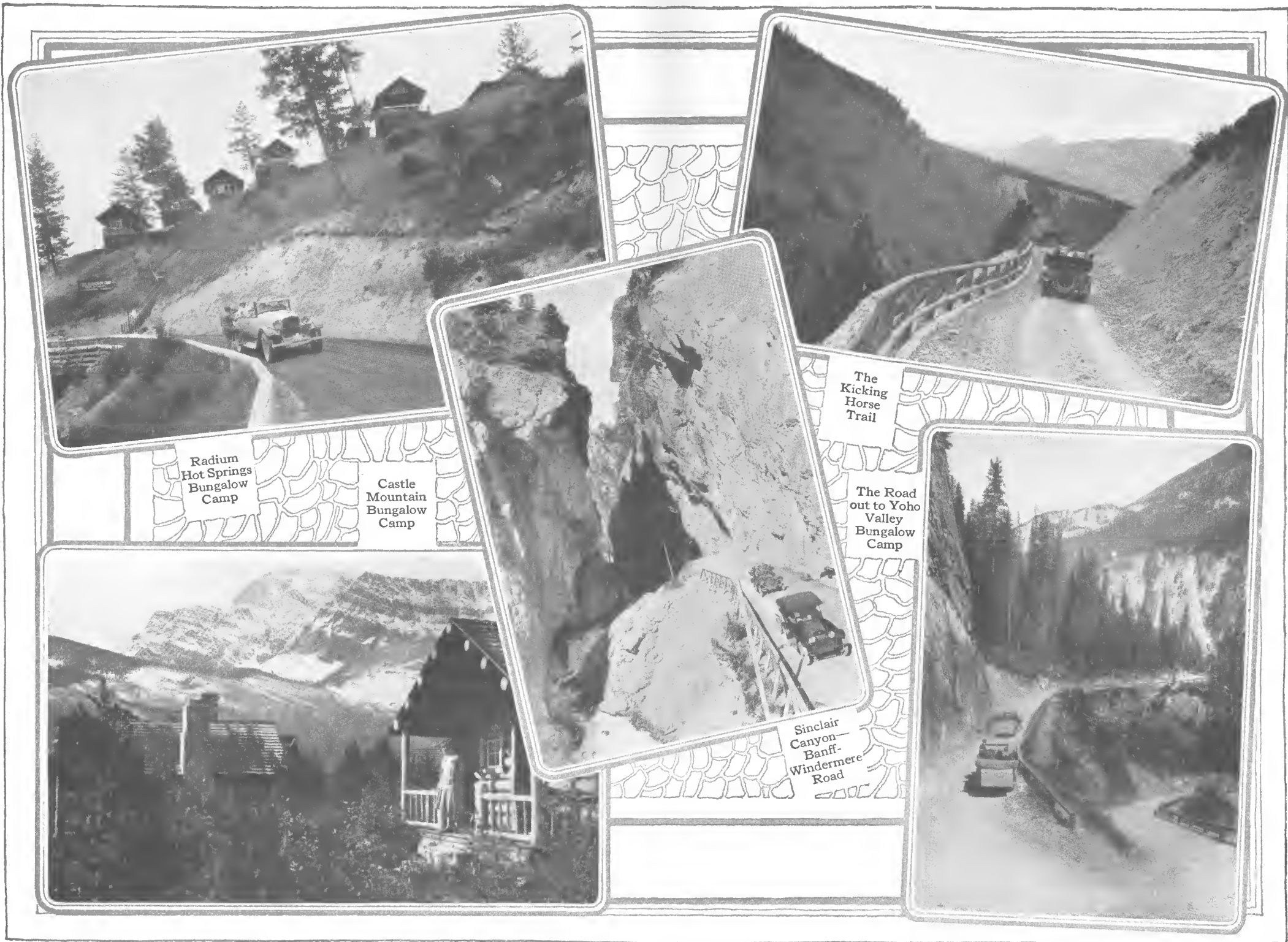
Emerald Lake

The beautiful gem of Yoho National Park
From a painting by Belmore Browne



Trail Riding takes you into the heart of the mountains—and, on mountain ponies, is easy even for the novice. Organized rides are arranged by the Trail Riders Association. Mountain Climbing, too, is at its best here.





Radium
Hot Springs
Bungalow
Camp

Castle
Mountain
Bungalow
Camp

The
Kicking
Horse
Trail

The Road
out to Yoho
Valley
Bungalow
Camp

Sinclair
Canyon—
Banff—
Windermere
Road



The Yoho Valley
From the High Trail in the Upper Valley
From a painting by Leonard Richmond, R.B.A., R.O.I.

THE CANADIAN PACIFIC RAILWAY

THE ROCKIES

ROCKY MOUNTAINS PARK • YHO PARK
KOOTENAY PARK

Copyright 1927 by Canadian Pacific Railway Company.
Compiled and drawn under the Supervision of
Arthur O. Wheeler, F.R.G.S.

REFERENCE

Railway, Main Line	Bungalow Camps	
Railway Branch Lines	Tea Houses	
Highways	Gas Stations	
Roads, Secondary	Wardens' Cabins	
Trails	Mountain Huts	
Towns	The Great Divide	
Flag Stations	Park Boundaries	
Post Offices	Swamps, Muskeg	
Hotels	Waterfalls	
	Glaciers	

Elevation of Mountains, Lakes, etc.
in feet above Sea Level

Scale

1926

LITHOGRAPHED IN CANADA

Corrected to October 1928.



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There are the following main routes to and from the Pacific Coast.

- 1.—Montreal Service:
Montreal
Ottawa
North Bay
Sudbury
Port Arthur
Fort William
Winnipeg
Regina
Moose Jaw
Medicine Hat
Calgary
Banff
Lake Louise
Field
Golden
Revelstoke
Sicamous
Vancouver
Victoria
Seattle
- 2.—Toronto Service:
Toronto
MacTier
Sudbury
Thence same as Route 1.
- 3.—To and From Chicago, St. Paul and Minneapolis
Via Twin Cities, Emerson, and Winnipeg.
- 4.—To and From Chicago, St. Paul and Minneapolis
Via Twin Cities, Port, and Moose Jaw.

There are the following diversions, alternatives and optional routes which can be combined with above routes.

- 5.—The Great Lakes Route.
Canadian Pacific Steamship service between
(a) Port McNicoll and Port Arthur—Fort William.
(b) Owen Sound and Port Arthur—Fort William.
Continuing by rail from these points.
- 6.—The Southern British Columbia Route
(a) Leave Main Line at Medicine Hat (going west) and join it again at either
(b) Golden—using branch from Cranbrook.
(c) Revelstoke—using Arrow Lake Steamer Route from Robson West.
(d) Sicamous—using C.P. Kettle Valley Ry. and Okanagan Lake Steamer Service from Portland.
(e) Hope—using C.P. and Kettle Valley Ry. Similar service on Eastbound Route.
- 7.—Via Spokane.
Leave Main Line at Medicine Hat, and use
Canadian Pacific
(a) Kingsgate via Yale
(b) Spokane International
(c) Kingsgate to Spokane
(d) P.E. or S.P.
(e) Spokane to Portland
8.—Routes between Vancouver and Seattle.
(a) Canadian Pacific Princess steamships from Vancouver to Victoria to Seattle.
(b) Canadian Pacific Princess steamships Vancouver to Seattle direct.
(c) All rail route from Vancouver to Seattle, via C. N. Ry.
9.—Routes South of Seattle.
(a) Seattle to Portland, C. N. N. P. or U. P.
(b) Portland to San Francisco, S. P.
(c) Seattle, Victoria to San Francisco, Pacific S. S. Co.

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Allowed on First-Class One-Way and Round-Trip Tickets to and from the Pacific Coast.

- A.—Between Montreal and Sudbury
These tickets will be honored either direct or via Toronto. From Montreal to Toronto there is the choice of four routes—
(a) Lake Ontario Shore Line
(b) St. Lawrence River
(c) Peterboro Line (Smith Falls-Peterboro)
(d) Via Ottawa—Main Line (Audreuil-Liquid)
(e) Via Ottawa—North Shore (Lachute)
From Ottawa there are direct trains to Toronto via both (a) and (e).
- B.—On the Prairies
(a) Between Emerson or Winnipeg and Calgary, tickets may be routed via direct line or via Portage la Prairie, Kirkella or Regina, Saskatoon, and Wetaskiwin or Edmonton. Or via Moose Jaw, Macklin and Wetaskiwin, or Edmonton. Or via Moose Jaw and Lacombe.
(b) Between Port and Calgary, tickets may be routed via direct line, or via Moose Jaw, Macklin and Wetaskiwin, or Edmonton. Or via Moose Jaw and Lacombe.
(c) Between Swift Current and Bassano, via either Medicine Hat or Empress.
(d) Between Wetaskiwin and Lethbridge, via either Moose Jaw and Medicine Hat, or via Assiniboia and Stirling.

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Banff



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